

# MAMA News

Fall  
2014



*Visiting mission teams often spend time doing activities with the children in the communities - coloring, making bracelets, painting nails, and playing soccer. The children appreciate the attention and new activities.*

**MAMA Project**  
 Mujeres Amigas-Miles Apart  
 (Women Friends-Miles Apart)  
 Nutritional Rehabilitation  
 Medical & Dental Brigades  
 Work Teams  
 Preschools  
 Cross Cultural Training  
 Deworming & Vitamin A  
 Campaigns  
 Donating Medical & Dental  
 Equipment & Supplies  
 Community Development  
 Scholarships  
 Child Survival Training

*MAMA News* is a quarterly newsletter that provides updates about MAMA Project, Inc.'s programs and service to rural, poor communities in Honduras and Haiti.

**The *MAMA News* is available for free to anyone who would like to receive it.**

To add, remove or change your address on our mailing list, contact:

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All photos were taken by MAMA Project Staff or Service Team Members.



## THE CHILD SURVIVAL PUZZLE

MAMA Project's Child Survival Programs remind me of a puzzle. There's many pieces. Often times there's a piece missing, we find it laying on the ground somewhere, and stick it back in. Sometimes the puzzle changes, pieces get added, others get taken away. When the pieces fit together perfectly, the puzzle looks beautiful. Often times we only see a portion of the puzzle, but it's important to step back and take a look at the big picture to see the real beauty..

The one part of MAMA's puzzle that most people see is the Mission Team piece. Several times a year we are asked if it's more important to have people serve on teams or people to financially support our work. We always answer, "BOTH!" Both are instrumental parts of our work and without either piece, we wouldn't be able to easily continue our work.

Why are the mission teams so important, you ask? Without each of those volunteers in Honduras, we would not be able to reach as many people. The volunteers help us go to communities and provide the care for the families that they need.

Before the team comes to the country, our Staff in Honduras go out to the communities, access needs and decide if it will be beneficial for

MAMA to provide help to them. Then it is decided which mother with young children or elderly couple will benefit from a newly poured concrete floor. Meanwhile the teams are fundraising and participating in orientations to learn about the work that they'll be doing in Honduras.

Several weeks or months go by and the team arrives in Honduras, excited to serve and share God's love through their word and actions. When they reach the communities, the team sets up different stations which the families will proceed through. The children will be weighed and measured, the parents will have their blood pressure checked. Everyone will receive deworming pills and an anemia check; the young children receive vitamin A. Mothers will learn about how to add a micronutrient powder to their food so that their children can grow healthy and strong. The families will then proceed to the doctor's visit and the dentist. As the group finishes their work in the community, they have the time to play with the children. Some teams prepare puppet shows, games, and songs. Others play soccer, paint fingernails, and color many pictures. These activities are appreciated by the children and they treasure the gifts they can take along home with them.

These teams allow MAMA to visit 60 communities each year. We are able to continue educating the communities in healthy hygiene & living practices. We are able to bring more care to the families. But one important part of the brigades is identifying mal-





nourished children who need more help. While the team is in the community, our Staff talk with the family about the child's needs and about the help we can offer at our Nutrition Center. We urge the mother to discuss the situation with her husband and we agree to be in contact with them. Then when we have the space at our Center, we return

to that community to bring the families to our Center. They spend typically 30 days at the Center, learning more about taking care of their children, providing the right food, and the children are given medicines and food. Without those volunteers initially going to those communities, those children would not be identified.

Not all of the families that need extra help actually come to our Center. For that reason, we are focusing a greater effort on promoting nutritional rehabilitation with eggs and micronutrient powder in the community. The cost is high but the cost of these children's lives are even higher.

**TOGETHER we make the difference** in the children's lives. None of the pieces are more important than the other. **Consider joining MAMA Project as we put the puzzle together!**



## MISSION TEAM REFLECTIONS

Mary Breidigan served on a mission team in Honduras with her family and church, Vincent Mennonite Church, in July. She, also, shares about her experience.

The Honduras trip was a very rewarding experience for me. Each day I did a different job helping on the Medical Brigade.

On day 1 I gave the children from age 6 months to 5 years oral drops of Vitamin A.

On day 2 I assisted the Honduran Dentist. I watched as the Dentist would numb people's gums with Novocain, then in many of the cases that day, would extract teeth from children and adults who simply had cavities. Since there was no electricity available, there were no drills to do fillings. The dentist performed about 20 tooth extractions that day! My job was to wash and dry the dental instruments, and hand out toothpaste and toothbrushes. I felt like I was able to offer some compassion to the people of whom were getting their teeth extracted simply by being there with them, putting my hand on their shoulder, and telling them it was going to be ok.

On the 3<sup>rd</sup> day I helped out at the reading glasses station. Once we determined which people were eligible to receive reading glasses, I recorded their name, age, and which reading glass strength they received.

The 4<sup>th</sup> day was a busy morning as I took people's blood pressure, pulse and oxygen level and recorded their vital signs on their papers. It was challenging trying to try to communicate with them in Spanish when I couldn't understand their names, but I was very thankful for the Spanish interpreters who were there to assist us!

It was a great week and everything seems to go very smoothly. I definitely felt everyone's prayers. It was such a blessing to be able to help the Honduran people. The first day was definitely a culture shock for me but amid the sadness for these people, I also saw people who were happy simply being together and being dependent on God for their resources. It was amazing how God made the Honduras trip possible for us and how we worked well as a team to get the job done. The Honduran people were excited for us to be there and I believe that our presence was an encouragement to them.

Are you interested in joining a MAMA Project mission team?  
2015 teams are now forming. Check out our website, email [herman@mamaproject.org](mailto:herman@mamaproject.org) or call 215-679-4338 for more details!

Stacey Kenny participated in two weeks of mission teams this August and shared some of her experience with her friends on Facebook as written below.

Many of you have asked what type of conditions our Mission Team stay in while serving in Honduras. MAMA Project has a Mission House that sleeps approximately 34 people with 4 bathrooms. It has electricity, running water, and wifi. (No air conditioning though, so when we lose power it gets hot here) There is also a washing machine and dryer so no need to over pack. The house also provides toiletries to the guests many of which are donated. Isabel, and her daughter, Karen, are the chefs and I call them that because the meals they serve are beyond tasty and have caused several of us to pack on some pounds the past few weeks. Each day the team rotates dish duty so Isabel can go home to her family at night. There is no TV, so evenings are spent on the porch in rocking chairs listening to the beautiful sounds of Honduras: bugs, geckos, dogs barking, roosters crowing at all hours of the day and night, sounds crazy but it really is a sound that is special to Honduras.

Most teams arrive on a Saturday. Sunday is typically a half day spent at the Nutrition Center organizing donations for the week's medical brigades and playtime with the children staying at the Nutrition Center. The brigades are not a band aid....they are the 1st step to helping these families grow and become healthy.

Sunday afternoon is spent visiting the Falls, Ziplining, and at the beautiful lake.



Monday-Thursday are typically medical brigades where malnourished families are identified and follow up visits are made to these families who are offered a stay at the Nutrition Center (Mothers

*Stacey with some girls in one of the villages they visited.*



*A team member hands out gifts to the families at the Nutrition Center.*

and children 12 and under) to be educated on many life lessons relative to nutrition, hygiene, etc.

Thursday evenings are spent with the MAMA Team over dinner sharing our thoughts from the week, which can sometime become emotional. Friday is spent visiting the mothers and newborns at the Maternity Hospital and handing out baby kits, lunch, and a little local shopping.

I remember last year knowing on the final night that I didn't want to go home. My note in the MAMA journal clearly said how I hoped to be able to return this year but for 2 weeks. And so, with a lot of love, support, and prayers from back home and in Honduras, I was able to return. I know without a shadow of a doubt as long as The Lord is willing, I will continue to return year after year to Honduras - to a Country filled with love, open arms, and gratitude for the little things we so often take for granted.

So on our final night in Honduras I will not say Adios, I will say Hasta el Otro Año and Dios te Bendiga (See you next year and God Bless You)



*(Left) One team member checking for anemia and another (Right) assisting the dentist.*



# WHAT DO THESE HAVE IN COMMON?



families in Honduras



micronutrients



incubator

## JOIN US AT OUR ANNUAL BANQUET & SILENT AUCTION TO FIND OUT!



Saturday, November 8th

At Quakertown Christian School  
50 E Paletown Rd, Quakertown, PA

At 5:30pm

Suggested Donation: \$25/person  
Payable at the event

Please RSVP so we can have an  
accurate count for food and seats.

Delicious, hot dinner buffet and a time of celebrating  
MAMA Project's Child Survival Work in 2014  
and looking towards the future

If you have a donation or to RSVP (by November 1st),  
contact 215-679-4338 or [info@mamaproject.org](mailto:info@mamaproject.org)